



*Essentials of*  
**STOP THE BLEED<sup>®</sup>**  
**Training Course**



In cooperation with the Department of  
Defense STOP THE BLEED<sup>®</sup> Campaign



**Working Together We Can Save More Lives!**

# Objectives for a Stop the Bleed Presented by Ralph Mitchell BP2T

1. Demonstrate the ability to correctly identify different types of life-threatening bleeding in various scenarios.
2. Apply direct pressure, use a tourniquet, and pack a wound effectively, as demonstrated through hands-on practice sessions.
3. Explain the importance of time-sensitive actions in bleeding emergencies and describe the steps to ensure personal safety while providing aid.



## Disclaimer

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Many products sold through Beprepared2treat are sourced directly from North American Rescue.

Beprepared2treat is not owned by, affiliated with, or endorsed by North American Rescue, and all representations made are those of Beprepared2treat alone

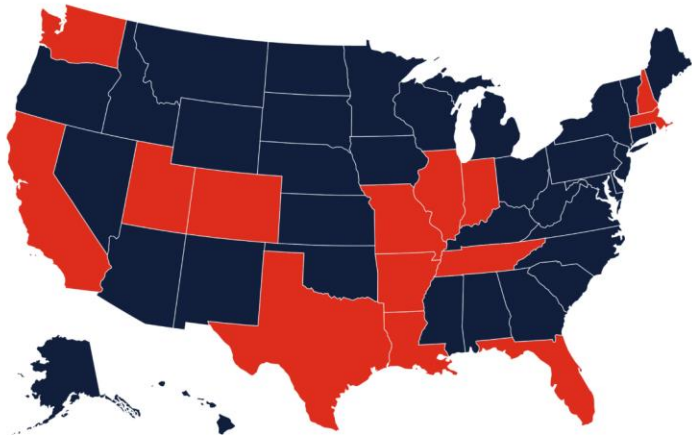


# States with Current STB Legislation

Source:  
<https://www.stopthebleed.org/learn-more/advocate-promote-support/>

Type of Legislation ▾

State	Kits in Schools	Training in Schools	Kits in Public Buildings	Funding
Arkansas		HB 1014 & SB 294		
California	AB 70 & AB 2260	AB 2260*	AB 70 & AB 2260	
Colorado	HB23-1213			
Florida	HB 1357			HB 5001
Illinois	HB 1561	HB1561		
Indiana	HB 1063	HB 1063 & SB 0486		HB 1396
Louisiana	SCR 62	SCR 62		
Massachusetts				H 5050
Missouri				HB 14
New Hampshire			SB 204	
Tennessee	HB 212	HB 212		
Texas	HB 496	HB 496		
Utah				HB 61
Washington	SB 5790	SB 5790		



CERTIFICATION OF ENROLLMENT

**ENGROSSED SENATE BILL 5790**

Chapter 365, Laws of 2024

68th Legislature  
2024 Regular Session

PUBLIC SCHOOLS—MEDICAL EQUIPMENT

EFFECTIVE DATE: June 6, 2024

Passed by the Senate March 7, 2024  
Yeas 47 Nays 0

DENNY HECK

**President of the Senate**

Passed by the House February 27, 2024  
Yeas 95 Nays 0

LAURIE JINKINS

**Speaker of the House of  
Representatives**

Approved March 29, 2024 11:05 AM

CERTIFICATE

I, Sarah Bannister, Secretary of the Senate of the State of Washington, do hereby certify that the attached is **ENGROSSED SENATE BILL 5790** as passed by the Senate and the House of Representatives on the dates hereon set forth.

SARAH BANNISTER

**Secretary**

FILED

April 1, 2024

AS AMENDED BY THE HOUSE

Passed Legislature - 2024 Regular Session

State of Washington                      68th Legislature                      2024 Regular Session

By Senators Dhingra, Wellman, Kuderer, Nobles, Trudeau, Hunt, Fortunato, Hasegawa, Lovick, Saldaña, Stanford, Valdez, Van De Wege, and C. Wilson

Prefiled 12/04/23. Read first time 01/08/24. Referred to Committee on Early Learning & K-12 Education.

1            AN ACT Relating to medical equipment in schools; and adding a new  
2 section to chapter 28A.210 RCW.

3 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

4            NEW SECTION.    **Sec. 1.** A new section is added to chapter 28A.210  
5 RCW to read as follows:

6            (1) Beginning in the 2026-27 school year, each school district  
7 shall:

8            (a) Maintain and make available to school employees and  
9 volunteers bleeding control equipment located on each school campus  
10 for use in the event of a traumatic injury involving blood loss. The  
11 bleeding control equipment must be stored in an easily accessible  
12 area of each school campus;

13            (b) Require that each school has a minimum of two employees per  
14 school who have completed the training described in subsection (4) of  
15 this section. If a school has more than 1,000 students, it must have  
16 one trained employee per 500 students; and

17            (c) Require each school to inspect and inventory bleeding control  
18 equipment annually and after each use to ensure that any of the  
19 equipment is not expired or missing, and that any expired or missing  
20 equipment is replaced as necessary.

21            (2) Bleeding control equipment must include:

1 (a) A tourniquet endorsed by or approved for use in battlefield  
2 trauma care by the United States department of defense committee on  
3 tactical combat casualty care;  
4 (b) A compression bandage;  
5 (c) A bleeding control bandage;  
6 (d) Latex-free gloves;  
7 (e) Permanent markers;  
8 (f) Scissors; and  
9 (g) Instructional documents developed by the United States  
10 department of homeland security, the American college of surgeons, or  
11 a similar organization detailing methods to prevent blood loss  
12 following a traumatic event.

13 (3) In addition to the items listed in subsection (2) of this  
14 section, a school district may include other medical materials and  
15 equipment that:

16 (a) Are approved by local law enforcement or first responders;  
17 (b) Can adequately treat a traumatic injury; and  
18 (c) Can be stored with the readily available bleeding control  
19 equipment.

20 (4) School districts may satisfy the training requirements by  
21 using in-person and online trainings produced by the United States  
22 department of homeland security, the American college of surgeons, or  
23 similar organizations. The training must include:

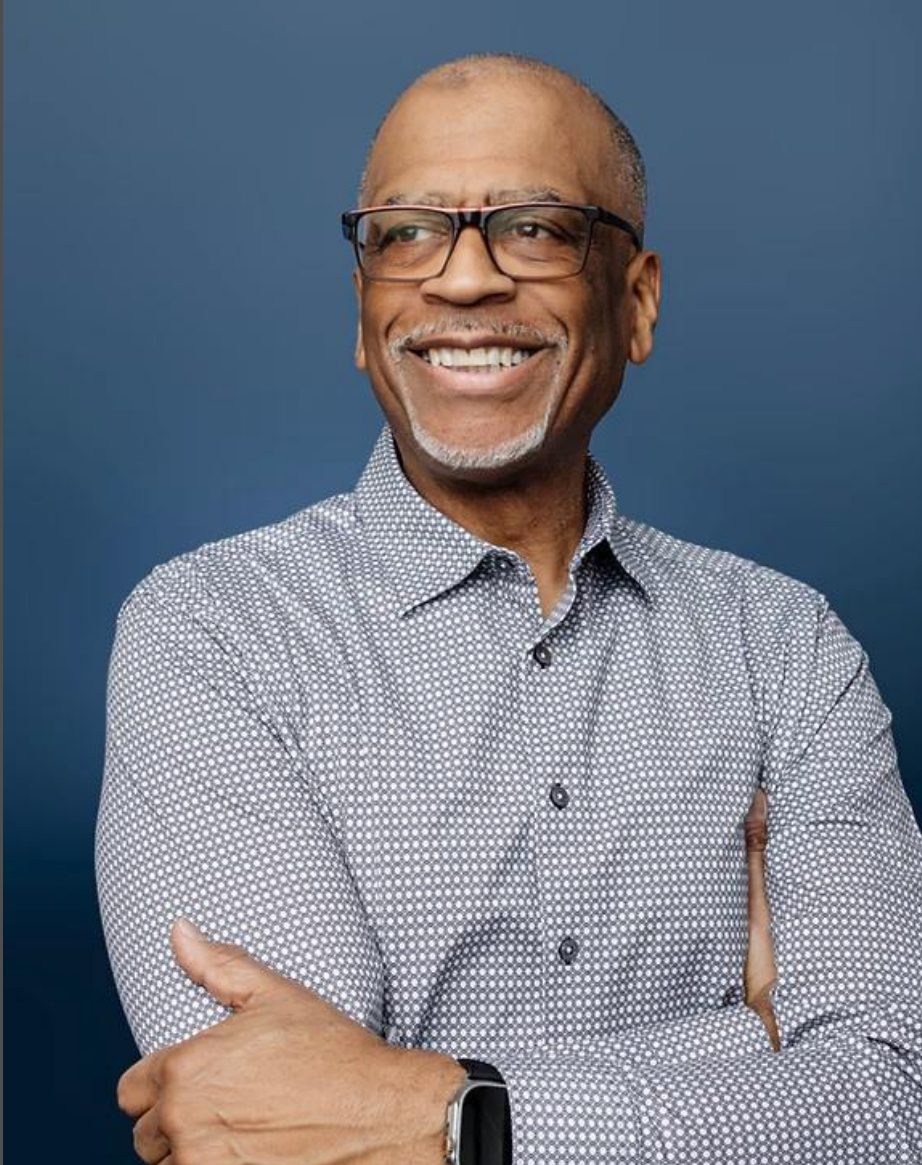
24 (a) The proper application of pressure to stop bleeding;  
25 (b) The application of dressings and bandages;  
26 (c) Other pressure techniques to control bleeding; and  
27 (d) The correct application of tourniquets.

28 (5) School districts are encouraged to implement the requirements  
29 in this section during the 2024-25 and 2025-26 school years.

30 (6) This section governs school operation and management under  
31 RCW 28A.710.040 and 28A.715.020 and applies to charter schools  
32 established under chapter 28A.710 RCW and state-tribal education  
33 compact schools subject to chapter 28A.715 RCW.

Passed by the Senate March 7, 2024.  
Passed by the House February 27, 2024.  
Approved by the Governor March 29, 2024.  
Filed in Office of Secretary of State April 1, 2024.

--- END ---



## BePrepared2Treat with Ralph Mitchell

As a seasoned physician assistant with specialized training and over 25 years of experience in trauma and emergency surgery, including disaster response. I've witnessed the devastating impact of gun violence firsthand and treated its growing number of victims.

I founded BePrepared2Treat – to equip individuals and communities with life-saving knowledge and skills for emergency situations. Now is the time to come together and save lives on the frontlines of this new domestic battlefield. I invite you to join me and BePrepared2Treat.

## EDUCATION & EXPERIENCE

- Bachelors of Arts (University of Minnesota, 1986)
- Bachelors in Health Sciences (Charles Drew University of Medicine and Science, 1997)
- Martin Luther King General Hospital, Surgical Residency
- Primary Care/Urgent Care/Emergency Medicine
- Surgical Physician Assistant, Cardio-thoracic Surgery
- Tacoma Trauma Trust, LLC (Tacoma General and St. Joseph Medical Center)
- Stop the Bleed, Instructor and Ambassador
- Additionally, I work for the federal government Health in Human Service Department, Disaster Medical Assistant Team





## INSTRUCTOR CERTIFICATE

**Ralph Mitchell**

**Beprepared2treat**

**Has Been Approved to Teach  
The Stop The Bleed Coalition's Course,  
*ESSENTIALS OF STOP THE BLEED® TRAINING*  
A U.S. Department of Defense Approved Course**



STOP THE BLEED® is a U.S. Department of Defense program to encourage bystanders to become trained, equipped and empowered to stop or control severe bleeding before professional help arrives.





## Life-threatening bleeding can occur:

*At Home* **Hiking** *At Work*  
**Playing a sport** *Cooking*  
*Driving a car* **At School**

## LEARN TO STOP THE BLEED®



### With Instructor

Ralph Mitchell

*Physician Assistant*

Learn how to stop  
life-threatening bleeding.  
For FREE and in less than an  
hour, you can be prepared to  
save someone's life!

Sign up

[Beprepared2treat.com](http://Beprepared2treat.com)



## What We are Going to Cover:

- What is STOP THE BLEED<sup>®</sup>?
- Why is this important?
- How to recognize life-threatening bleeding.
- How to stop life threatening bleeding.
- Getting STOP THE BLEED<sup>®</sup> *ready*.

# Disclaimer

**Today's topics will discuss and review life-threatening bleeding.**

This material may be disturbing to some audiences. If you feel unwell, please notify an instructor or pause the video. This course is intended to give you the fundamentals to control life-threatening bleeding.

**This is not a first-aid course.**



## What is STOP THE BLEED®?



STOP THE BLEED® is national effort to encourage people to be trained, equipped, and empowered to help in a bleeding emergency.

Based on lessons learned by the military nonmedical personnel can save lives by taking immediate action to control severe bleeding.



A public/private partnership led by the U.S. Department of Defense. The program is run by the Defense Health Agency's Combat Casualty Care Research Program.

## Why Is This Important?

**Bleeding** is the #1 cause of preventable death from injuries.

Lives could be saved by people like you taking **immediate actions!**

## Traumatic Injuries

Leading cause of death for people under the age of 46.

A major cause of death in all age groups.

People can die quickly before an ambulance arrives.

Motor vehicle crashes and falls are leading causes of traumatic injuries.

Controlling severe bleeding can save a life.

## Why Do I Need To Know This?

People can  
bleed to death  
in minutes.



Average time for  
Emergency  
Responders to arrive.



Trauma-related  
deaths worldwide  
due to bleeding.



**Your help may be the difference between life and death.**



## When?

**Life-threatening Bleeding Can Happen at Any Time for Many Reasons:**

- Home or workplace injuries
- Motor vehicle collisions
- Industrial accidents

- Act of violence
- Natural disasters
- Recreation accidents



## How Do We Know This Works?

### Battlefield Lessons From Iraq and Afghanistan

Battlefield deaths from blood loss reduced dramatically when soldiers were taught how to STOP THE BLEED<sup>®</sup> and were equipped with tourniquets and hemostatic (helps blood to clot) dressings.

### Civilian Lessons Learned

Deaths following traumatic injury reduced dramatically when STOP THE BLEED<sup>®</sup> techniques were performed before the onset of shock.



**One Life Saved, Many Lives Impacted**

## Avoid Putting Yourself In Harm's Way!

### Maintaining Safety

- The location may quickly become unsafe. Don't be the next patient!
- Maintain awareness around you for signs of ongoing danger like:
  - Smoke
  - Broken glass
  - Traffic
  - Falling debris
  - Downed wires
  - Other hazards
- Know where you can go to quickly relocate (Have an exit plan).
- If possible, wear gloves and a mask. Put something between your hands and the bleeding wound.
- Follow the instructions of emergency responders.

# Calling for Help Early is Essential!

## Calling 911

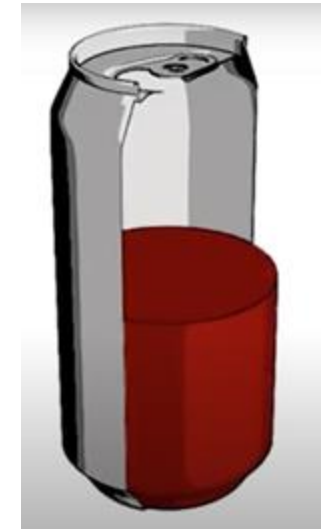
### *How to call for help and what to say...*

- Apply pressure immediately. Do not delay!
- Tell someone to call 911 right away.
- Clearly describe where the bleeding person is located.
- If no one else can call, use the speakerphone if safe to do so. Simultaneously help the injured person.
- Don't hang up until the 911 operator tells you to.

# Recognizing Life-Threatening Bleeding

## Signs of Life-Threatening Bleeding

- Blood that is briskly and continuously
- Bleeding from loss of an extremity
- At least half the volume of a soda can blood pooling on the ground
- Bleeding in someone who is confused or unconscious



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## Video: Understanding Volume and Flow

Video:  
Understanding Volume and Flow



STOP THE  
**BLEED**  
COALITION



# Recognizing Life-Threatening Bleeding

## Is This Bleeding Life-Threatening?

- At least half the volume of a soda can blood pool on the ground
- Blood that is brisk and continuous
- Bleeding from loss of an extremity
- Bleeding in someone who is confused or unconscious

Video:  
Life-Threatening Hemorrhage



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# Pressure Stops Bleeding!!

Pressure can be used anywhere on the body



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**Gloves**

Wear gloves if possible.

If no gloves available, use a barrier, such as a plastic bag.

**Gauze**

Gauze should be placed into the wound.

If no gauze available, use a (preferably) clean shirt or towel.

**Pressure**

Apply firm, continuous, steady pressure.

This can be done anywhere on the body.

Maintain pressure in the “CPR position” until help arrives.





# Video: How to Apply Pressure

Video:  
How to Apply Pressure



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## Video: Using a Shirt for Pressure

Video:  
Using a Shirt for Pressure



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## Video: Wound Packing Using Gauze

Video:  
Wound Packing Using Gauze

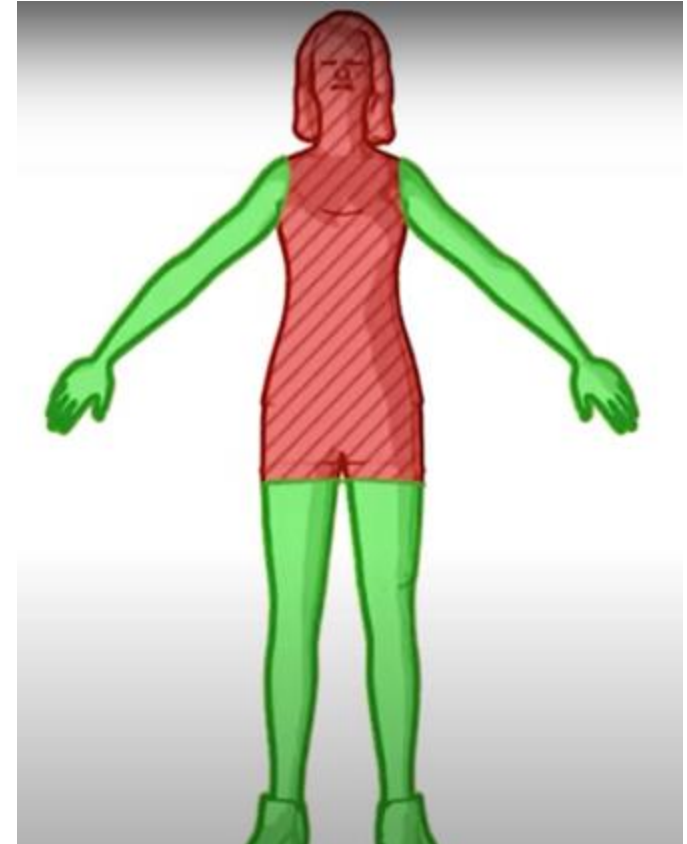


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# Tourniquets for Life-Threatening Bleeding

**First choice for life-threatening extremity bleeding**

- First-choice treatment for life-threatening extremity (arm or leg) bleeding.
- Only use an effective commercial tourniquet (a list is available).
- If a commercial tourniquet is not available, hold direct pressure until responders arrive.
- Improvised tourniquets should only be used as a last resort. They are taught in more advanced courses.



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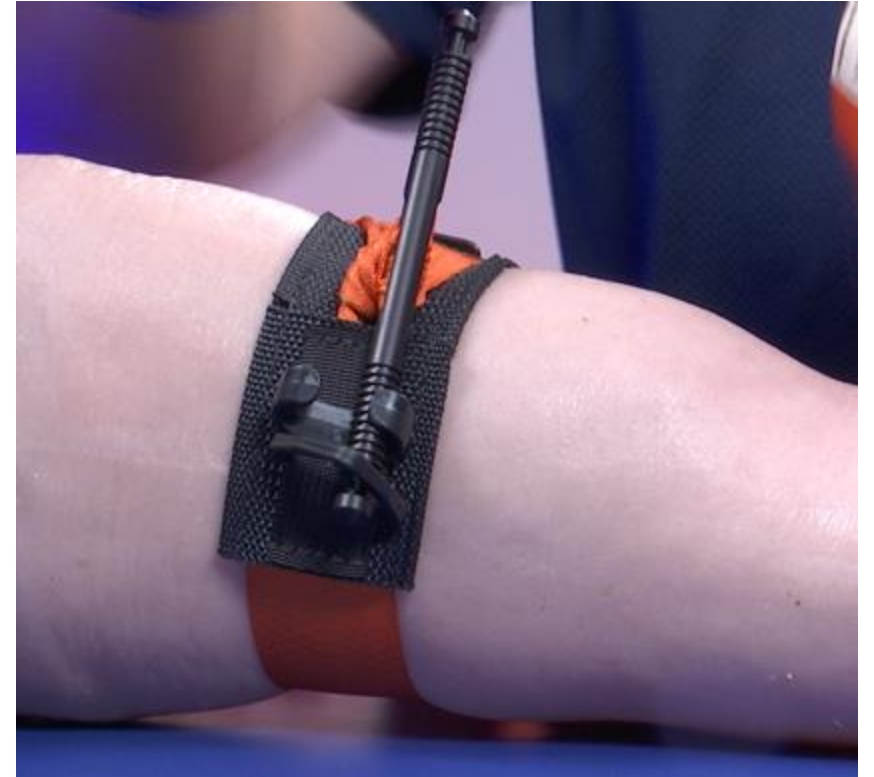
# Tourniquet Application

- Apply at least 2” from the wound, between the wound and torso.
- Do not apply on top of the wound, or over a joint, or over a pocket.
- **Pull** the strap tightly until the slack is removed.
- **Twist** (spin) the windlass until bleeding stops.
- **Clip** (secure) the strap.



## After Tourniquet Application

- If life-threatening bleeding continues, apply a second tourniquet, closer to the torso.
- Tourniquets cause pain, this is normal.
- Should only be removed by trained personnel.



## Video: Tourniquet Application

Video:  
Tourniquet Application



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# Things to Know About Tourniquets



SOF Tourniquet (SOF-T)

**Recommended  
Commercial  
Tourniquets**



SAM Extremity Tourniquet  
(SAM-XT)



Combat Application Tourniquet  
(CAT) Generation 6 & 7

## Caution:

- Don't use "knock-off" inexpensive tourniquets.
- Only purchase approved equipment from trusted sources.
- All products bearing the **STOP THE BLEED**<sup>®</sup> logo meet DoD quality standards.



## Summary - Essentials of STOP THE BLEED®

Empowers people to take action to minimize death from severe bleeding.

Assess the **volume and flow** of the blood to identify life-threatening bleeding.

**Pressure stops bleeding** and should be held continuously until help arrives.

Tourniquets should be used for life-threatening bleeding on the arms or legs.

What does the  
**STOP THE  
BLEED®** brand  
mean?

## Quality

To make sure it works  
if ever needed.

The DoD licenses  
organizations to  
sell **STOP THE  
BLEED®** kits.



Medical  
equipment that is  
military grade,  
reliable and  
effective.

# STOP THE BLEED® Equipment - What's in a Kit?



DoD approved medical devices



Tourniquet



Hemostatic Gauze



Compression Bandage



1 Pair of Protective  
Gloves



Permanent Marker

Optional Items:

- Scissors
- Blanket



- Many STOP THE BLEED® kits contain special hemostatic gauze.
- These products are specially designed to help blood clot faster.
- It is important to apply direct pressure after the gauze is placed in the wound for it to work.



- Some STOP THE BLEED® kits contain adhesive dressings for wounds on the chest or torso.
- Chest seals allow air to escape from the wound but not enter the wound.
- If the injured person's breathing is worsening after a chest seal is applied, we recommend removing it.



# Where can I find STOP THE BLEED<sup>®</sup> Equipment?





# Stop the Bleed Coalition



An IRS approved, tax exempt,  
501(c)3 charitable organization.

Formed with a mandate to  
support STOP THE BLEED®.

The only nonprofit organization with  
that singular purpose.





# Stop the Bleed Coalition

- Training Resources
- Product Information
- Campaign News
- STOP THE BLEED<sup>®</sup> Legislation
- How to start a STOP THE BLEED<sup>®</sup> Program
- STOP THE BLEED<sup>®</sup> Licensing Program
- STOP THE BLEED<sup>®</sup> Grants and Scholarships
- STOP THE BLEED<sup>®</sup> Ambassador Program





# STOP THE BLEED® Day

The day where we bring focus to the STOP THE BLEED® and engage people from around the world to take action.

STOP THE BLEED® continues to grow substantially to achieve its goal of training 200 million people to stop traumatic bleeding.



STOP THE BLEED® Day  
Raise your Hand



STOP THE BLEED®  
Time to Train + Trainathon



STOP THE BLEED®  
Scholarship Program



STOP THE BLEED®  
Grant Program

**Thank You** for joining the millions of people who have raised their hand and are ready to help in a bleeding emergency!



STOP THE BLEED® is a registered trademark of the U.S Department of Defense.

# Acknowledgement

Thank you to the National Center for Disaster Medicine and Public Health, Uniformed Service University, whose support made this translation possible.

# NCDMPH

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Uniformed  
Services  
University

Advancing the Nation's Medical and Public Health Readiness for Disasters



**Knowing  
Trauma First Aid  
& Stop the bleed  
can be the difference  
between life and death!**

# **BEPREPARED2TREAT**

**STOP THE BLEED &  
Trauma First Aid Training  
Disaster Planning / Supplies**



[www.beprepared2treat.com](http://www.beprepared2treat.com)